

Fit To Win

DiLorenzo Tricare Health Clinic

The Pentagon's Employee Health Promotion Program

Wellness Fair

30 May 2013

11:00am – 1:00pm

2nd Floor, Apex 9 & 10

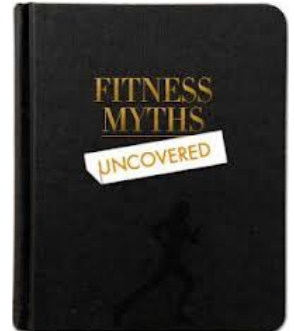
Information on...

Getting Fit While You Work

Sit to Stand Active Workstations

Exercising for Efficient Weight Loss

Strength Training Myths & Misconceptions



**Ask our Physiologists Your
Fitness/Exercise Questions**

Stop by for informational handouts & goodies!

For more info 703.692.8898

